

REMORA2 Patient Newsletter



Welcome

Welcome to our fourth REMORA newsletter.

We are now into summer, and I am sure you cannot have missed just how hot it has been! My colleagues mentioned in the last REMORA newsletter a previous piece of research called *Cloudy with a Chance of Pain*, which explored how cloudy, humid days can increase joint pain. Personally, I find hot, sunny days increase my joint pain, and I'm always happy when it cools down a little.

If you are in the tracking group, keeping your REMORA app up to date is an important action. How often have we visited our clinician, only to remember something important afterwards that we really wanted to mention? It's a real heart-sink moment, and there's nothing we can do. By completing your daily REMORA app entry, you'll never forget those important moments related to your care. Then, when you see your clinician, remind them that you use the REMORA app!

Also remember the importance of completing the REMORA web surveys. Everyone taking part in the study is asked to complete these questionnaires. There's an initial survey when you join the REMORA study, followed by a survey at 3, 6, 9 and 12 months. These surveys help inform us of how well the study is going, making them extremely valuable.

Items in this edition include:

- An introduction to Susie, REMORA2 qualitative researcher
- Information about the REMORA dashboard, and how it can provide useful updates about your condition at each visit
- The latest key reminders about the study



Golda

Member of the REMORA2 Patient Panel




Did you know...

Your doctor will be able to see all the symptoms you record on the REMORA app when you go to the hospital for an appointment

This allows your doctor to see your progress since your last visit:

 **Your doctor will see your bad days.** Your symptom tracking data will show a true picture of how you are doing between appointments.

 **It helps spot trends, flares, or improvements that might otherwise be missed.**

 **Improves quality of care.** The information that you provide by tracking on the app, could offer insights that improve how your symptoms are managed.

** Find out what our clinical teams think of symptom tracking on page 2*



Tracking your symptoms for REMORA - Ask to see your graphs at every visit!

Meet the team: REMORA2 Researcher

My name is Susie Moschogianis, and I am a qualitative and mixed methods researcher. I have worked in health research at The University of Manchester for over 15 years and have a keen interest in improving patient care and experience.



My PhD research focused on the relationship between the brain and the skin (the “brain-skin axis”), specifically the inflammatory condition psoriasis. This led to the development of the Psoriasis Shout Out – a patient and public engagement initiative that aimed to raise awareness of the condition and new treatment options. More recently I have explored patient perspectives on the use of online consultations in primary care, and reviewed evidence on what makes Electronic Health Record systems easy or difficult to use. In my previous role I worked with patients with

muscle and joint conditions, including arthritis, to collect data on the help they receive and the medications they take.

On REMORA2, I am interested in what users think about the REMORA app and will evaluate how the use of the app impacts clinical decision making. To do this I am interviewing both patients and health care professionals and observing clinical appointments. As REMORA2 has 16 sites around England, this means I am doing what I love the most – meeting and chatting to lots of people!

What do the clinical teams think of the symptom data recorded in the REMORA app?

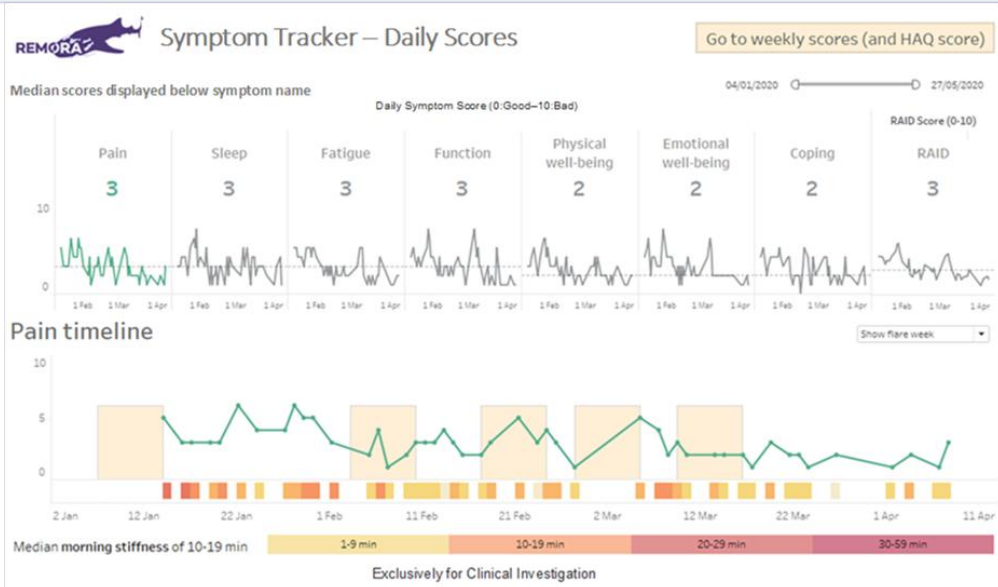
“The REMORA dashboard helps doctors to review your current condition and check how you are responding to treatment. One of the most important features is a timeline which makes it easy to track your ongoing symptoms over time. The dashboard covers nearly all daily activities and can show how symptoms can change during the day. The colourful Early Morning Stiffness graph is particularly helpful to show changes after treatments or adjustments to your medication. REMORA provides a clear picture of how you have been between visits, helping us to support you better”.

Mary Sajini Prasad
Rheumatology Nurse Specialist
Trafford General Hospital - Manchester

Remind the clinical team that they can see your REMORA data!

If you have been recording your symptoms in the REMORA app it will look like this

Ask your doctor or nurse to see your progress since your last visit



Don't forget to tell your clinician you are part of REMORA2!

Get in touch

If you have any queries about the REMORA2 study or you are experiencing any issues, please email remora2@manchester.ac.uk or call **0161 306 2000** to reach the University of Manchester study team.